

# THE WESTERN Journal of Medicine

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Official Journal of the California Medical Association, the Idaho Medical Association,  
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**Information for Authors**—A complete guide to manuscript submission and journal style is available on request and also appears in each January and July issue.

**Manuscripts**—Ordinarily manuscripts should not exceed 3,000 words (less than 15 typed double-spaced pages). The original manuscript and two copies should be submitted, typed double-spaced throughout. If photographic illustrations are desired, three sets of clear, unmounted black and white glossy prints should be supplied. For line drawings, original artwork or glossy prints are acceptable. Tables should be typed on separate sheets of paper.

**References**—References should conform to the following order: name of author, title of article, name of periodical, year of publication, month and volume with inclusive pages—i.e., Lee GS: The heart rhythm following therapy with digitalis—In theory and practice. Arch Int Med 1979 Mar; 44:554-562. They should be listed in the order in which they are cited in the text, numbered in sequence and punctuated as above.

**Reprints**—Reprints are available to authors at established standard rates.

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# CONTINUING MEDICAL EDUCATION

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## CALIFORNIA, HAWAII and NEVADA

This listing of continuing education programs in California, Hawaii and Nevada is supplied by the Committee on Continuing Medical Education of the California Medical Association. All courses and meetings listed have been approved for Category I credit toward the CMA Certificate in Continuing Medical Education. To have accredited courses listed here, please send information at least two months in advance to Department of Continuing Medical Education, California Medical Association, 731 Market Street, San Francisco 94103; or phone (415) 777-2000, ext. 139. For a list of organizations approved for Category I credit toward the CMA Certificate in Continuing Medical Education or for more information on accreditation or certification, please write to the above address.

July 16-17—**Arrhythmias and Cardiac Ischemia: Diagnosis and Management.** International Medical Education Corp. at Sheraton at the Wharf, San Francisco. Friday-Saturday. 13 hrs. \$245. Contact: Stephen E. Mattingly, IMEC, 64 Inverness Dr. E., Englewood, CO 80112. (800) 525-8651.

July 17-24—**Cardiovascular Medicine and Surgery: An Advanced Course.** STAN at Mauna Kea Beach Hotel, Kamuela. One week. 21 hrs. \$325.

July 23-24—**Disaster Planning Symposium.** UCLA. Friday-Saturday.

July 23-25—**Advanced Cardiac Life Support Workshops.** Emergency Medical Associates, Inc., at Ralph K. Davies Medical Center, San Francisco. Friday-Sunday. Contact: Ellie Gutman, EMA, 2310 Mason St., San Francisco 94133. (415) 956-5900.

July 24-25—**Vertigo '82.** Ear International at Hyatt Regency, Los Angeles. Saturday-Sunday. \$200. Contact: Ear International, 1245 Wilshire Blvd., Los Angeles 90017. (213) 481-2818.

July 24-30—**Laboratory Medicine.** USC at Marriott Hotel, Maui. One week. 27 hrs. \$435.

July 25-29—**National Medical Association—87th Annual Convention and Scientific Assembly.** Hilton, San Francisco. Sunday-Thursday. 40 hrs. Contact: Christine Miller, Prog. Dir., NMA, 1301 Pennsylvania Ave., NW, Washington, DC 20001. (202) 347-8598.

August 5-6—**Advanced Fetal Heart Rate Monitoring.** Memorial Hospital Medical Center-UCI Center for Health Education, Long Beach. Thursday-Friday. Contact: Asst. Dir., Ctr. for Health Ed., 2801 Atlantic Ave., Long Beach 90801. (213) 595-3811.

August 6-8—**ECG Interpretation and Arrhythmia Management.** International Medical Education Corp. at Clouds-Cal Neva Resort, Lake Tahoe. Friday-Sunday. 13 hrs. \$260. Contact: Stephen E. Mattingly, IMEC, 64 Inverness Dr. E., Englewood, CO 80112. (800) 525-8651.

August 7-14—**Radiology.** USC at Mauna Kea Beach Hotel, Kamuela. One week. 27 hrs.

August 8-13—**Current Concepts in Cardiology.** UCD at Hyatt Lake Tahoe, Incline Village. Sunday-Friday. 20 hrs. \$300.

August 9-13—**Postgraduate Institute for Emergency Room Physicians—Symposium II.** UCSF at Islandia Hyatt, San Diego. Monday-Friday. 33 hrs. \$425.

August 11—**Back Pain.** LLU. Wednesday.

August 12-13—**National Institute for Care of the Elderly.** Univ. of Nevada-Reno School of Medicine at MGM Grand, Reno. Thursday-Friday. 12 hrs. Contact: Leanne Stone, Cont. Ed., Univ. of Nevada-Reno, Reno 89557. (702) 784-4046.

August 12-14—**Selection and Technique for Use of Muscle and**

**Musculocutaneous Flaps in Reconstructive Surgery.** UCSF at Fairmont Hotel, San Francisco. Thursday-Saturday. 20 hrs. \$420.

August 13-14—**Sports Medicine.** Univ. of Nevada-Reno School of Medicine at MGM Grand, Reno. Friday-Saturday. 12 hrs. Contact: Leanne Stone, Cont. Ed., Univ. of Nevada-Reno, Reno 89557. (702) 784-4046.

August 13-15—**Clinical Management of Coronary Disease and Exercise Testing.** International Medical Education Corp. at Doubletree Inn, Monterey. Friday-Sunday. 13 hrs. \$245. Contact: Stephen E. Mattingly, IMEC, 64 Inverness Dr. E., Englewood, CO 80112. (800) 525-8651.

August 13-17—**Clinical Neuroanesthesia Workshop.** UCSD at Village Inn, La Jolla. Friday-Tuesday. 24 hrs. \$325.

August 14-25—**25th Annual Postgraduate Refresher Course.** USC at Honolulu and Maui. 12 days. 37 hrs. \$425.

August 14-25—**Update: Surgery 1982.** USC at Honolulu and Maui. 12 days. 35 hrs. \$425.

August 16-20—**Advanced Diving Medicine.** UCSF at San Diego. Monday-Friday.

(Continued on Page 19)

### KEY TO ABBREVIATIONS

- CMA:** California Medical Association  
Contact: Continuing Medical Education, California Medical Association, 731 Market Street, San Francisco 94103. (415) 777-2000.
- DREW:** Charles R. Drew Postgraduate Medical School  
Contact: Duane Dillman, PhD, Director, Office of Continuing Education, Charles R. Drew Postgraduate Medical School, 1621 East 120th Street, Los Angeles 90059. (213) 603-3091.
- LLU:** Loma Linda University  
Contact: Varner J. Johns, Jr., MD, Associate Dean for Continuing Medical Education, Loma Linda University School of Medicine, Loma Linda 92354. (714) 796-7311, ext. 2400.
- PMC:** Pacific Medical Center  
Contact: Continuing Education, Pacific Medical Center, P.O. Box 7999, San Francisco 94120. (415) 563-4321, ext. 2761.
- STAN:** Stanford University  
Contact: Edward Rubenstein, MD, Associate Dean for Postgraduate Education, Stanford University School of Medicine, 300 Pasteur Drive, Stanford 94305. (415) 497-5594.
- UCD:** University of California, Davis  
Contact: Ruth Feryok, Director, Office of Continuing Medical Education, University of California, Davis, School of Medicine, Davis 95616. (916) 752-0328.
- UCI:** University of California, Irvine  
Contact: E. R. Jennings, MD, Assistant Dean, University of California, Irvine, California College of Medicine, c/o UCI/CME Program, Memorial Hospital Medical Center 2801 Atlantic Ave., Long Beach 90801. (213) 595-3837.
- UCLA:** University of California, Los Angeles  
Contact: Martin D. Shickman, MD, Director, Continuing Education in Medicine and the Health Sciences, P.O. Box 24902, UCLA, Los Angeles 90024. (213) 825-7241.
- UCSD:** University of California, San Diego  
Contact: Office of Continuing Medical Education, University of California, San Diego, School of Medicine (M-017), La Jolla 92093. (714) 452-3708.
- UCSF:** University of California, San Francisco  
Contact: Malcolm S. M. Watts, MD, Associate Dean and Director, Extended Programs in Medical Education, School of Medicine, University of California, San Francisco 94143. (415) 666-4251.
- USC:** University of Southern California  
Contact: Phil R. Manning, MD, Associate Dean, Postgraduate Division, University of Southern California School of Medicine, 2025 Zonal Avenue, Los Angeles 90033. (213) 224-7051.

**August 20-22—Ambulatory Electrocardiography: Clinical Applications, Methodology and Interpretation.** International Medical Education Corp. at Hyatt, Anaheim. Friday-Sunday. 13 hrs. \$245. Contact: Stephen E. Mattingly, IMEC, 64 Inverness Dr. E., Englewood, CO 80112. (800) 525-8651.

**August 21-22—Hemodynamic Monitoring/Pulmonary Artery Catheterization—Hands-on Workshops.** Calif. Soc. of Anesthesiologists at Stanford. Saturday-Sunday. 15 hrs. \$275, members; \$325, nonmembers. Contact: CSA, Ed. Prog. Div., 100 S. Ellsworth Ave., Suite 806, San Mateo 94401. (415) 348-1407.

**August 21-22—Office Orthopedics for the Internist and Family Practitioner.** UCLA. Saturday-Sunday. 12 hrs. \$200.

**August 23-September 3—Intensive Residency in Occupational Medicine, Session I.** UCSF at Golden Gateway Holiday Inn, San Francisco. 12 days. 80 hrs. \$1,000.

**August 26-28—Advances in Diagnostic Imaging.** UCSF at Fairmont Hotel, San Francisco. Thursday-Saturday. 20½ hrs. \$275.

**August 29-September 3—Family Practice Refresher Course.** UCD at Hyatt Del Monte, Monterey. Sunday-Friday.

**August 30-September 1—Napa Valley Radiology Conference.** Sacramento Radiology Research and Education Fndn. and No. Calif. Radiological Soc. at Napa Valley. Monday-Wednesday. 18 hrs. \$275. Contact: Michael H. Reid, PhD, MD, Prog. Dir., Sacramento Radiology Research and Education Fndn., P.O. Box 161112, Sacramento 95816.

**August 30-September 4—5th Comprehensive Nephrology Review Course.** UCLA at Marriott, Los Angeles. Monday-Saturday. 38½ hrs. \$595.

**September 1—Sports Medicine Conference.** N. T. Enloe Memorial Hospital, Chico. Wednesday. 6 hrs. \$50. Contact: Cont. Ed. Office, N. T. Enloe Mem. Hosp., W. 5th Ave. and The Esplanade, Chico 95926. (916) 891-7375.

**September 7-17—Intensive Residency in Occupational Medicine, III.** UCSF at Golden Gateway Holiday Inn, San Francisco. 11 days.

**September 8—Current Concepts in Menopausal and Post-Menopausal Care.** LLU. Wednesday.

**September 11—9th Annual Radiology Symposium.** So. Calif. Permanente Medical Group and Kaiser Fndn. Hospitals at Beverly Hilton, Beverly Hills. Saturday. Contact: Doris McMath, SCPMG, Regional Dept. of Ed. and Research, 4747 Sunset Blvd., Los Angeles 90027. (213) 667-4241.

**September 12-25—Temporal Bone Surgical Dissection Course.** House Ear Institute, Los Angeles. 2 weeks. 100 hrs. \$1,500. Contact: Antonio de la Cruz, MD, House Ear Inst., 256 S. Lake St., Los Angeles 90057.

**September 13-17—Postgraduate Institute for Emergency Room Physicians—Symposium I.** UCSD at Vacation Village, San Diego. Monday-Friday. 33 hrs. \$425.

**September 16-18—4th Postgraduate Course in Medical Mycology (Dermatomycology).** UCSF. Thursday-Saturday.

**September 20-22—Alcoholism Treatment, Cooperation or Competition.** Scripps Memorial Hospital at Vacation Village, San Diego. Monday-Wednesday. \$190. Contact: Nomi Feldman, 3770 Tansy, San Diego 92121. (714) 453-6222.

**September 20-24—7th Annual Hawaiian Seminar on Clinical Anesthesiology.** Calif. Society of Anesthesiologists at Marriott, Maui. Monday-Friday. 21 hrs. Contact: CSA, 100 S. Ellsworth Ave., Suite 806, San Mateo 94401. (415) 348-1407.

**September 21-22—American Heart Association—Greater Los Angeles Affiliate—50th Anniversary Fall Symposium.** Hilton, Los Angeles. Tuesday-Wednesday. 11 hrs. \$70. Contact: Marilyn Cowan, AHA, 2405 W. 8th St., Los Angeles 90057. (213) 385-4231.

**September 24-25—Antigens and Immunotherapy: Present and Future.** Los Angeles and California Societies of Allergy

and Clinical Immunology at Marriott, Newport Beach. Friday-Saturday. Contact: Warren Richards, MD, Allergy-Clinical Immunology Div., Childrens Hosp., P.O. Box 54700, Terminal Annex, Los Angeles 90054.

**September 24-25—Update in Internal Medicine—27th Annual Medical Symposium.** So. Calif. Permanente Medical Group and Kaiser Fndn. Hospitals at Century Plaza, Los Angeles. Friday-Saturday. Contact: Mark Anthony, SCPMG, Regional Dept. of Ed. and Research, 4747 Sunset Blvd., Los Angeles 90027. (213) 667-4241.

**September 24-25—Sexual Issues in Medical Office Practice.** UCSF. Friday-Saturday. 10½ hrs. \$125. Contact: Ayeleen Blumenstock, Cont. Ed., Langley Porter Institute, 401 Parnassus Ave., Box 2D, San Francisco 94143. (415) 681-8080, ext. 554.

**September 24-26—ECG Interpretation and Arrhythmia Management.** International Medical Education Corp. at MGM Grand, Las Vegas. Friday-Saturday. 13 hrs. \$260. Contact: Stephen E. Mattingly, IMEC, 64 Inverness Dr. E., Englewood, CO 80112.

**September 25—Clinical Ultrasound in Obstetrics and the Neonatal Period.** Sacramento Radiology Research and Education Fndn. and No. Calif. Radiological Soc. at Sacramento. Saturday. 6 hrs. \$75. Contact: J. P. McGahan, MD, Prog. Dir., Sacramento Radiology Research and Education Fndn., P.O. Box 161112, Sacramento 95816.

**September 25-26—Thyroid Today—1982, A Clinical Update for the Practicing Physician, First Annual Symposium.** Cypress Foundation at Hyatt Del Monte, Monterey. Saturday-Sunday. 10 hrs. \$130. Contact: Cypress Fndn., Box 80308, Salinas 93912. (408) 455-1833.

**September 25-October 3—2nd Annual Recognition and Management of Diving Casualties.** UCSD at Sheraton Island Marina Inn, San Diego. 9 days. 60 hrs. Contact: Shirley Kolkey, Medicine, Education and Research Fndn., P.O. Box 81344, San Diego 92138.

**September 28-October 1—American College of Emergency Physicians.** San Francisco. Tuesday-Friday. Contact: Registrar, ACEP, P.O. Box 61911, Dallas 75261. (214) 659-0911.

**September 29-30—39th Annual Brenemann Memorial Lectures.** L.A. Pediatric Soc. at Hilton, Los Angeles. Wednesday-Thursday. 11 hrs. \$145, members; \$175, nonmembers. Contact: Eve Black, Exec. Sec., LAPS, P.O. Box 2022, Inglewood 90305. (213) 757-1198.

**September 29-October 1—New Concepts in Maxillofacial Surgery.** STAN and Swiss Assn. for the Study of Internal Fixation at Stanford. Wednesday-Friday. 17 hrs. \$400. Contact: ASIF Course Secretariat, P.O. Box 514, Wayne, PA 19087. (215) 293-0654.

**September 30-October 2—Postgraduate Institute on Geriatrics.** CMA at Hotel del Coronado, Coronado. Thursday-Saturday. Contact: Charlotte Newhart, CMA.

**September 30-October 2—Pulmonary Update.** UCSF. Thursday-Saturday.

**October 1-2—Advances in Heart Disease, Aging, Diabetes and Cancer Research.** UCLA at Beverly Hilton, Beverly Hills. Friday-Saturday. Contact: Robert J. Morin, MD, Harbor-UCLA Medical Ctr., Torrance 90509. (213) 533-2233.

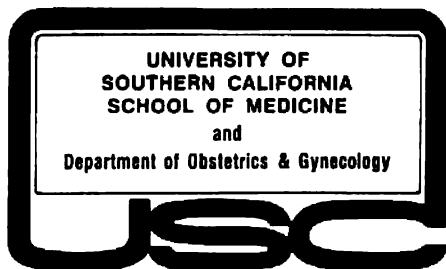
**October 1-2—Frontiers in Medicine: Implications for the Future.** UCLA at Beverly Hilton, Beverly Hills. Friday-Saturday. 16 hrs. \$225.

**October 1-2—Intraocular Lens Workshop.** Jules Stein Eye Institute, Los Angeles. Friday-Saturday. 16 hrs. \$500. Contact: Lu Hendricks, JSEI, UCLA Sch. of Med., Ctr. for Health Sciences, Los Angeles 90024. (213) 825-4617.

**October 1-2—Mycology Review.** STAN. Friday-Saturday. 14 hrs. Contact: Paul H. Jacobs, MD, Dermatology Dept., Stanford Univ. Sch. of Med., Stanford 94305. (415) 497-7813.

**October 1-3—Ambulatory Electrocardiography: Clinical Applications, Methodology and Interpretation.** International

UNIVERSITY OF  
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THE TWELFTH ANNUAL REVIEW COURSE IN  
GYNECOLOGY AND OBSTETRICS

This comprehensive course will be held at the Pasadena Hilton Hotel, Pasadena, California, Monday through Friday, October 11-15, 1982. It will review many basic concepts and update clinical management in every area of obstetrics and gynecology. Although the program will appeal to all, its direction will be toward those preparing for recertification examinations or the Oral OB/GYN Boards. A complete, well-organized syllabus covering the entire five-day program will be supplied each participant.

TUITION: \$450 (includes 5 lunches)  
CREDIT: 35 hours

Immediately following is the **REVIEW COURSE FOR GYNECOLOGIC PATHOLOGY**, scheduled for Saturday, October 16, 1982, also at the Pasadena Hilton. Review of pathological changes which occur in the female genital tract in response to inflammatory, neoplastic and abnormal hormonal stimuli as well as concepts of diagnosis and pathogenesis will be discussed; current terminology used in diagnosis will be emphasized. This course is designed primarily to assist those physicians who are preparing for the American Board of Obstetrics and Gynecology examinations.

TUITION: \$75 (includes lunch)  
CREDIT: 6 hours

PERINATAL MEDICINE

This comprehensive course will be held at the Royal Lahaina in Maui, Hawaii, February 5-11, 1983. The course will focus on current management approaches to solve clinical problems. The "Case Management Problems" will begin with the presentation of a difficult clinical case. Question and answer sessions will be emphasized.

TUITION: \$425  
CREDIT: 23 hours

Contact: Associate Dean, USC School of Medicine, Postgraduate Div., 2025 Zonal Ave., Los Angeles, CA 90033; (213) 224-7051.

## BOOKS RECEIVED

Books received by THE WESTERN JOURNAL OF MEDICINE are acknowledged in this column. Selections will be made for more extensive review in the interest of readers as space permits.

**COMPUTER APPLICATIONS FOR PATIENT CARE**—Joseph D. Bronzino, PhD. Addison-Wesley Publishing Company, Inc., Medical/Nursing Division, 2725 Sand Hill Road, Menlo Park, CA 94025, 1982. 390 pages, \$24.95 (hardcover).

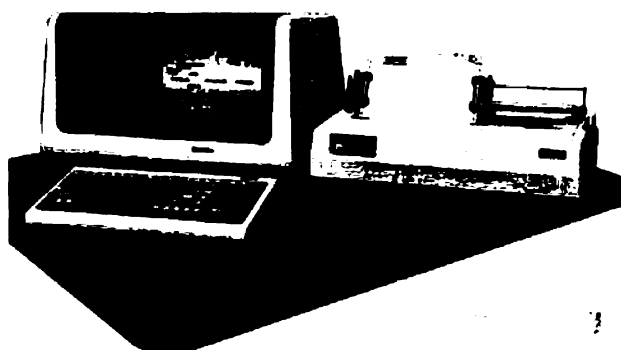
**GYNECOLOGIC ONCOLOGY—Fundamental Principles and Clinical Practice—Volumes 1 and 2**—Edited by Malcolm Coppleson, MB, BS, MD(Syd) FRCOG, FRACOG, Churchill Livingstone, Inc., 19 West 44th Street, New York, NY 10036, 1981. 1,059 pages in 2 volumes, \$187.50.

**WHITMER'S GUIDE TO TOTAL WELLNESS—Visualization Techniques for a Better, Healthier, and Longer Life**—R. William Whitmer, Doubleday & Company, Inc., 245 Park Ave., New York, NY 10017, 1982. 214 pages, \$14.95.

**WILLIS'S OXFORD CASEBOOK (1850-82)**—Introduced and edited by Kenneth Dewhurst, TD, MD, DPhil, FRCPsych. Sandford Publications, Manor House, Sandford-on-Thames, Oxford OX4 4YN, England, 1981. 199 pages, price: 12 English Pounds, limited to 750 copies.

**THE WOMANLY ART OF BREASTFEEDING**, by La Leche League International. La Leche International, 9616 Minneapolis Avenue, Franklin Park, IL 60131, 1981, 388 pages, \$12.95.

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#### Brief Summary of Prescribing Information.

**Indications and Usage:** Management of anxiety disorders or short-term relief of symptoms of anxiety or anxiety associated with depressive symptoms. Anxiety or tension associated with stress of everyday life usually does not require treatment with an anxiolytic.

Effectiveness in long-term use, i.e., more than 4 months, has not been assessed by systematic clinical studies. Reassess periodically usefulness of the drug for the individual patient.

**Contraindications:** Known sensitivity to benzodiazepines or acute narrow-angle glaucoma.

**Warnings:** Not recommended in primary depressive disorders or psychoses. As with all CNS-acting drugs, warn patients not to operate machinery or motor vehicles, and of diminished tolerance for alcohol and other CNS depressants.

**Physical and Psychological Dependence:** Withdrawal symptoms like those noted with barbiturates and alcohol have occurred following abrupt discontinuance of benzodiazepines (including convulsions, tremor, abdominal and muscle cramps, vomiting and sweating). Addiction-prone individuals, e.g. drug addicts and alcoholics, should be under careful surveillance when on benzodiazepines because of their predisposition to habituation and dependence. Withdrawal symptoms have also been reported following abrupt discontinuance of benzodiazepines taken continuously at therapeutic levels for several months.

**Precautions:** In depression accompanying anxiety, consider possibility for suicide.

For elderly or debilitated patients, initial daily dosage should not exceed 2mg to avoid over-sedation. Terminate dosage gradually since abrupt withdrawal of any antianxiety agent may result in symptoms like those being treated: anxiety, agitation, irritability, tension, insomnia and occasional convulsions. Observe usual precautions with impaired renal or hepatic function. Where gastrointestinal or cardiovascular disorders coexist with anxiety, note that lorazepam has not been shown of significant benefit in treating gastrointestinal or cardiovascular component. Esophageal dilation occurred in rats treated with lorazepam for more than 1 year at 6mg/kg/day. No effect dose was 1.25mg/kg/day (about 6 times maximum human therapeutic dose of 10mg/day). Effect was reversible only when treatment was withdrawn within 2 months of first observation. Clinical significance is unknown; but use of lorazepam for prolonged periods and in geriatrics requires caution and frequent monitoring for symptoms of upper G.I. disease. Safety and effectiveness in children under 12 years have not been established.

**ESSENTIAL LABORATORY TESTS:** Some patients have developed leukopenia; some have had elevations of LDH. As with other benzodiazepines, periodic blood counts and liver function tests are recommended during long-term therapy.

**CLINICALLY SIGNIFICANT DRUG INTERACTIONS:** Benzodiazepines produce CNS depressant effects when administered with such medications as barbiturates or alcohol.

**CARCINOGENESIS AND MUTAGENESIS:** No evidence of carcinogenic potential emerged in rats during an 18-month study. No studies regarding mutagenesis have been performed.

**PREGNANCY:** Reproductive studies were performed in mice, rats, and 2 strains of rabbits. Occasional anomalies (reduction of tarsals, tibia, metatarsals, malrotated limbs, gastrochisis, malformed skull and microphthalmia) were seen in drug-treated rabbits without relationship to dosage. Although all these anomalies were not present in the concurrent control group, they have been reported to occur randomly in historical controls. At 40mg/kg and higher, there was evidence of fetal resorption and increased fetal loss in rabbits which was not seen at lower doses. Clinical significance of these findings is not known. However, increased risk of congenital malformations associated with use of minor tranquilizers (chloralhydrate, diazepam and meprobamate) during first trimester of pregnancy has been suggested in several studies. Because use of these drugs is rarely a matter of urgency, use of lorazepam during this period should almost always be avoided. Possibility that a woman of child-bearing potential may be pregnant at institution of therapy should be considered. Advise patients if they become pregnant to communicate with their physician about desirability of discontinuing the drug. In humans, blood levels from umbilical cord blood indicate placental transfer of lorazepam and its glucuronide.

**NURSING MOTHERS:** It is not known if oral lorazepam is excreted in human milk like other benzodiazepines. As a general rule, nursing should not be undertaken while on a drug since many drugs are excreted in milk.

**Adverse Reactions:** If they occur, are usually observed at beginning of therapy and generally disappear on continued medication or on decreasing dose. In a sample of about 3,500 anxious patients, most frequent adverse reaction is sedation (15.9%), followed by dizziness (6.9%), weakness (4.2%) and unsteadiness (3.4%). Less frequent are disorientation, depression, nausea, change in appetite, headache, sleep disturbance, agitation, dermatological symptoms, eye function disturbance, various gastrointestinal symptoms and autonomic manifestations. Incidence of sedation and unsteadiness increased with age. Small decreases in blood pressure have been noted but are not clinically significant, probably being related to relief of anxiety.

**Overdosage:** In management of overdosage with any drug, bear in mind multiple agents may have been taken. Manifestations of overdosage include somnolence, confusion and coma. Induce vomiting and/or undertake gastric lavage followed by general supportive care, monitoring vital signs and close observation. Hypotension, though unlikely, usually may be controlled with Levarterenol Bitartrate Injection U.S.P. Usefulness of dialysis has not been determined.

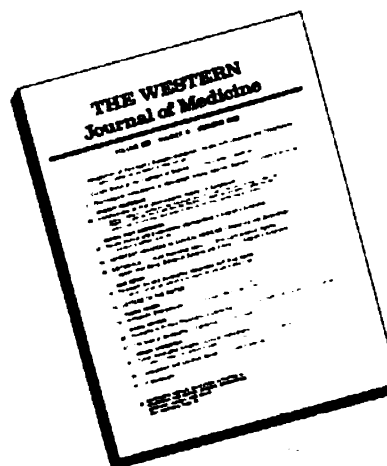
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**Dosage:** Individualize for maximum beneficial effects. Increase dose gradually when needed, giving higher evening dose before increasing daytime doses. Anxiety, usually 2-3mg/day given b.i.d. or t.i.d.; dosage may vary from 1 to 10mg/day in divided doses. For elderly or debilitated, initially 1-2mg/day; insomnia due to anxiety or transient situational stress, 2-4mg h.s.

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## STAGE I CERVICAL CANCER

review approach used here, a study based on patient and physician interviews should be carried out to determine the decision-making process that led to both optimal and suboptimal care.

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## ARTICLES TO READ IN OTHER JOURNALS

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### **Speech Perception With Hearing Aids and Cochlear Implants**

Owens E, Telleen CC

*Archives of Otolaryngology*  
1981 Mar; 107:160-163

DISCIPLINES: General Medicine, Otolaryngology

READABILITY: Very good

*Excellent presentation of well-documented material, easily understood. Particularly suited for specialists in audiology and speech, and hearing communication specialists.*

—ROGER BOLES, MD  
San Francisco

### **Interferon Therapy in Juvenile Laryngeal Papillomatosis**

Haglund S, Lundquist P-G, Cantell K, et al

*Archives of Otolaryngology*  
1981 Jun; 107:327-332

DISCIPLINES: Pediatrics, Pulmonary Medicine, Thoracic Surgery, Otolaryngology

READABILITY: Very good

*Important clinical experimental studies.*

—ROGER BOLES, MD  
San Francisco

### **Placebo Effect in Surgery for Meniere's Disease—A Double-blind, Placebo-Controlled Study on Endolymphatic Sac Shunt Surgery**

Thomsen J, Bretlau P, Tos M, et al

*Archives of Otolaryngology*  
1981 May; 107:271-277

DISCIPLINES: General interest, especially Neurology

READABILITY: Very good

*Long-standing troublesome problems. These clinical research data have been highly acclaimed by otolaryngologists.*

—ROGER BOLES, MD  
San Francisco

## INFECTIVE ENDOCARDITIS

aerobic and microaerophilic infective endocarditis due to organisms other than *B fragilis* may not necessarily imply a bleak prognosis.

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### **The Placenta: How to Examine It and What You Can Learn**

Benirschke K

*Contemporary OB/GYN*

1981 Mar; 17:117-126

DISCIPLINES: Obstetrics, Family Practice, Pediatrics

READABILITY: Excellent

*The author, known throughout the medical world for his knowledge of the placenta, warns us not to simply drop that organ into the bucket. He reminds us that a step-by-step examination of the placenta can give us retrospective information on the intrauterine life as well as predictions as to the future life of the infant.*

—E. R. W. FOX, MD  
Coeur d'Alene, ID

### **Rubella Outbreak Among Hospital Employees**

Strassburg MS, Imagawa DT, Fannin SL, et al

*Obstetrics & Gynecology*

1981 Mar; 57:283-288

DISCIPLINES: All Physicians (especially Hospital Administrators, House Staff, Public Health)

READABILITY: Very good

*Today many young adults are rubella susceptible. Because of immunization of children, these people have never been exposed to wild virus infection. Outbreaks of rubella infections have occurred in this age group. The authors present excellent guidelines for testing and immunizing health workers who might expose women in early pregnancy.*

—E. R. W. FOX, MD  
Coeur d'Alene, ID

## TURNER'S SYNDROME

92. Pitts FN, Guze SB: Anorexia nervosa and gonadal dysgenesis (Turner's syndrome). *Am J Psychiatry* 1963; 119:1100-1102
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### **Surgical Circumcision of Neonates: A History of Its Development**

Grossman E, Posner NA  
*Obstetrics & Gynecology*  
1981 Aug; 58:241-246

DISCIPLINES: Obstetrics, Gynecology, Pediatrics, Family Practice, General Surgery

READABILITY: Excellent

*A fascinating article. The authors trace the evolution of circumcision techniques and the instruments used from Biblical times to the present day. They conclude that circumcision of male infants is here to stay.*

—E. R. W. FOX, MD  
Coeur d'Alene, ID

### **In-Hospital Maternal Mortality in the United States: Time Trends and Relation to Method of Delivery**

Petitti DB, Cefalo RC, Shapiro S, Whalley P  
*Obstetrics & Gynecology*  
1982 Jan; 59:6-12

DISCIPLINES: Obstetrics, Gynecology, General Surgery, Family Practice

READABILITY: Very good

*This carefully done retrospective review of the statistics of 3.5 million deliveries performed in 654 hospitals nationwide between 1970 and 1978 showed (1) a gradual reduction in the mortality rate for both vaginal and cesarean deliveries and (2) a mortality rate that was at least twice as high but no more than four times as high for cesarean sections as compared with vaginal deliveries.*

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### **Burn Injury: Rehabilitation Management in 1982**

Helm PA, Kevorkian CG, et al  
*Archives of Physical Medicine and Rehabilitation*  
1982 Jan; 63:6-16

DISCIPLINES: Plastic Surgery, Physical Medicine and Rehabilitation, General Surgery

READABILITY: Good

*This is a comprehensive review of the physical, kinetic, cosmetic and psychosocial problems and their solutions in the restoration of burn patients. It deals with all levels and grades of injury, and all facets of restorative care.*

—GLENN G. REYNOLDS, MD  
San Jose, CA



mentations for appropriate activity when participation has been restricted.

Specific data gathered during the preparticipation examination can be used to formulate a physiologic profile that can be used by a physician to monitor effectiveness of training, predilection for injury and the efficacy of injury-specific rehabilitation during the season. In specific sports, such as wrestling, this profile can be used to recommend optimal and reasonable weight categorization, thereby eliminating the hazards of attempting to reach arbitrary weight standards.

Physicians should consider themselves active

participants in a comprehensive sports medicine program that should be designed to optimize the performance of an athlete. They should be well-equipped to offer appropriate counseling with regard to preseason conditioning, rehabilitation of preexisting injuries and correction of remedial conditions that will enable an athlete to compete without undue risk of injury. JAMES C. PUFFER, MD

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